KARNATAKA STATE WOMEN'S UNIVERSITY, VIJAYAPUR.

Department Of Social Work

SYNOPSIS

Title of Research

"AWARENESS OF MENTAL HEALTH AMONG MUSLIM WOMEN IN SLUM AREAS: A SOCIAL WORK STUDY WITH SPCIAL REFERENCE TO DHARWAD DIATRICT".

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2015-16

INTRODUCTION:

Mental health awareness is very essential to everyone but now a days it is very rare to know. Mental health is level of psychological wellbeing. It is a psychological state of someone who is functioning at satisfaction level of level of emotional and behavioral adjustment.

Awareness of mental health is very important because of nobody can knows it is psychological problem they believe in religious perspective or superstitious therefore people can't believe in medical or psychiatrist that's y they lost their life.

Now a day's people can't accept that something is true or someone is telling the truth but they have faith in religious. In rural area they don't know about awareness of mental health because in rural people most probably illiterates they don't know about psychological problems most of them suffering from mental health problems.

So better to we are social worker aware of them in grass root level then only our society will leave happily specially we have to aware the women they always suffering stressful life they have lot of tension about working, housing, health etc. As social workers we give importance to women they came out from stress life.

MEANING:

AWARENESS

Awareness is most important process to develop the entire series. Awareness is such an important element is because the virtue of source guided choice as well as increased exposure to the truth.

MENTAL HEALTH:

Mental health is state of wellbeing which the individual realized her own abilities can cope with the normal stress of life and can work productively and fruitfully able to make a contribution to her community.

SLUM:

It is run down area of city characterized by standard housing, squalor, and lacking in tenure security.

The district of the city marked by poverty and inferior living conditions spend time at a lower socio-economic level than one's own motivated by curiosity or desire for adventure usage considered condescending and incentive a foul back street of a city. Especially one filled with a poor, dirty, degraded and often various populations any low neighborhood or dark retreat.

STATEMENT OF THE PROBLEM:

''AWARENESS OF MENTAL HEALTH AMONG MUSLIM WOMEN IN SLUM AREAS; A SOCIAL WORK STUDY WITH SPECIAL REFERENCE TO DHARWAD DISTRICT."

OBJECTIVES OF STUDY:

- To study the demographical profile of the area.
- To reduce the stigma associated with mental heal health.
- To study the community awareness.
- To understand sign and symptoms of that are associated with mental health problems.
- To provide counselling to the women to cope with her stress.

REVIEW OF LITERATURE:

(CMHA-NL) Mental health in our interdictions with the world around us and it is determined by our sense of control in dealing with

circumstance and by support we have to help us.

(WHO 2001) an individual who has good mental health is able to realize his or her own abilities cope with the stress of everyday life work productivity and contribute to the community.

(Moodie and jenhins 2005MH2004) Good mental health protects us and helps us to avoid risk taking behaviors that contribute to poor mental health.

According to UN Habitat report (2003); slums are characterized by lack of basic service substandard housing, illegal, or inadequate building structure overcrowding and high density unhealthy living conditions, poverty and social exclusion and minimum settlement size.

Central government schemes, swarna jayanti shahri rozgar yojana (SJSRY); night shelters two million housing schemes accelerated urban water supply programmer (ASWSP) low cost sanitation provide for a wide range of service to the urban poor including slum dweller. They include identification of the urban poor formation of community, group involvement of non-government organization.

IMPORTANCE OF STUDY:

- To understand present conditions of women mental health status.
- Mental health is work with individuals, couple, families and group to help and identify the problems and resolve conflicts and promote optimal functions in everyday life.
- To understand medical and psychological intervention.

SCOPE OF THE STUDY:

Universe of this study is dharwad district of Karnataka. The

researcher wants to conduct the study to slum areas in dharwad, hubli, and kalghatgi taluq. It is including dharwad city area.

FORMULATION OF HYPOTHESIS:

- The researcher want to collect the information in slum areas where the women is suffering from mental health problems.
- To understand the family background of women.
- To provide awareness among women in slum areas.
- The researcher apply the social work activities in mental health among the women in slum areas.
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RESEARCH METHODOLOGY:

RESEARCH DESIGN:

The present study attempts to too gain a complete knowledge about the awareness of mental health among Muslim women in slum area. The researcher is adopt descriptive research design in her study.

SAMPLING:

The researcher proposes to select the 5% of sampling in slum areas randomly from the taluqa's of dharwad district. Respondents will be Muslim women in slum areas. The researcher will conduct the study for 50 respondents from hubli, 50 respondents from dharwad, and 50kalghatgi taluq.

The sampling to be selected for study is 150 women based on random sampling techniques.

COLLECTION OF DATA:

SOURCE OF DATA COLLECTION:

PRIMARY SOURCE OF DATA:

The primary will be conducted by the interview schedule and data will be taken directly from the respondents. The information of the respondents will be taken by interviewing personally. The other tools such as observation and informal discussion with the respondents will also be taken in to the consideration.

SECONDARY SOURCE:

Secondary source data available in the form of books, journals, reports, periodicals, research articles, and encyclopedia, research work, and other materials related to the study will be obtained from various libraries and decantation center, web sites online data bases available and the personal discussions with the concerned experts will be accessed.

CONCLUSION:

Mental health is a level of psychological well being.it is psychological state of someone who functioning at a satisfactory level of emotional and behavioral adjustment.

Awareness of mental health is very essential among women in especially in slum areas. The slum people do not know the any diseases or disorders. They believe in prejudice and also now a days working women suffering from mental health problems. So researcher adopting social work methods or activities to solve the women problems.